



## FOOT & ANKLE SPECIALISTS, P.C.

*Specializing in Medicine and Surgery of the Foot & Ankle*

SCOTT E. HUGHES, D.P.M.

GREGORY P. VOGT, D.P.M.

CHRISTINE I. TUMELE, D.P.M.

1042 N. Monroe St.

Monroe, Michigan 48162

(734) 241-0200

Fax: 241-1961

8085 Secor Rd.

Lambertville, Michigan 48144

(734) 856-8900

Fax: 856-3615

## Diabetes and Your Feet

### Important information for diabetic patients

Diabetes can cause a loss of feeling in your feet. It can also harm blood vessels, causing poor blood flow. Diabetes can also increase the risk of injuries or sores.

### Symptoms of foot problems

- ✓ Cold feet
- ✓ Burning and tingling
- ✓ Scaling, itching or dryness
- ✓ Open sores
- ✓ Change in foot shape
- ✓ Swelling, warmth or redness

### Preventing foot problems

- ✓ Take control of your diabetes.
  - Controlling your blood sugar is the best way to prevent foot problems.
- ✓ Perform foot self-exam\* and have foot screenings.
  - Check your feet daily; look for redness, blisters, infected nails, cuts or sores.
  - If you notice any cuts or sores, contact your healthcare provider right away.
  - Have your feet checked by a healthcare provider once or twice a year.
- ✓ Care for your feet and wear proper shoes.
  - Wash your feet in warm (not hot) water each night. Dry your feet well, especially between your toes.
  - Keep your toenails trimmed.
  - Wearing the right shoes is very important. Ask your healthcare provider where you can get shoes that are made for people with diabetes.
  - Never walk barefoot, even indoors.
- ✓ Quit smoking.
  - Because of your diabetes, smoking can cause more harm to your nerves and blood vessels.

### Proper foot care is key

- ✓ The sooner a foot wound is found and treated, the better the outcome.
- ✓ See your healthcare provider as soon as you find a foot wound.

# Foot Self-Exam

It is important that you or someone else check your feet daily.

- ✓ Check your toes and between your toes for blisters, cuts and scratches.
- ✓ Check the bottoms of your feet. Use a mirror, if needed.

During the exam check for the following:

- ✓ Sores, wounds or cracked skin
- ✓ Swelling in your feet
- ✓ Thick or ingrown toenails
- ✓ Change in the shape of one foot or both feet

If you have any of the symptoms listed above, see your healthcare provider. Additional information:

---

---

---

---

---

---

---

---

---

---